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MONTHLY

INDUSTRIAL NUTRITION SERVICE



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For employee publications, and individuals
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WAR FOOD ADMINISTRATION
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Commodity Credit Corporation
Office of Supply
Chicago

For July it's a Salad.....

Cool, crisp, colorful salads will become the food of the month in many industrial plants. They are the best offensive against jaded, midsummer appetites, because they can be so refreshing and appetizing, so tempting to the eye and palate.

Salads are becoming increasingly popular with industrial workers. Now they should be liberally used because many salad foods are in abundant supply. Cabbage, carrots and tomatoes will be plentiful during July. Leaf lettuce, spinach, cucumbers, and green onions will be plentiful in most areas.

Salads help stretch ration points....

There is no need to ration salads. Furthermore, they may be used as a means of extending other foods that are in short supply. Ham, chicken, canned fish, and other scarce foods will go farther when they are combined in a salad plate with cabbage, celery, tomatoes, green peppers. Help to make your plant's ration points go farther by choosing a cool, crisp vegetable or fruit salad or an appetizing salad plate with your meals at the plant.

Salads are good for you...

Fresh fruit or vegetable salads pack a whale of a punch when it comes to the vitamins which are often lacking in our meals--vitamins A and C. Tomatoes are at the "head of the class" of all the salad vegetables in these vitamins. Carrots, like tomatoes, add color as well as food value to the raw vegetable salad. Greens--leaf lettuce, endive, chickory, watercress, spinach, and green peppers--are rich in vitamins. Translated into food value, a large bowl of salad greens provides the health protective vitamins A and C.

Among the fruits, citrus fruits, strawberries, cantaloupe, honeydew melons, pineapples, apricots, and peaches make delicious, vitamin-rich salads. Peaches are in season during July. Get a liberal amount of health-giving vitamins A and C while these fruits are in season.

Choose a salad lunch...

If you would perk up your flagging appetite during the midsummer months, pick a crisp, colorful salad at your cafeteria counter. Choose a fruit or vegetable salad accompanying your main dish, or choose a cold plate which may be used in place of an entree. A satisfying, nutritious lunch may be selected around that cold plate by adding enriched bread or rolls, a beverage, and dessert.

Choose a substantial salad lunch at the plant cafeteria by following any one of the menu patterns given below. Each menu pattern is illustrated by a sample menu which shows how to select a lunch which will be delicious, nutritious, and satisfying.

Menu Pattern

1. Soup (cream soup, chowder,
split pea or bean soup)
Salad
Bread and butter
Dessert
Beverage
2. Citrus fruit or tomato juice
Salad
Sandwiches
Dessert
Beverage
3. Salad
Potatoes
Green or yellow vegetable
Bread and butter
Dessert
Milk
4. Cold plate

Bread and butter
Dessert
Milk

Sample Menu

1. Vegetable chowder

Stuffed egg salad
Whole-wheat rolls with butter
Peach cobbler
Beverage
2. Tomato juice
Ham salad
Peanut butter sandwiches
Baked custard
Beverage
3. Tuna fish salad
Baked potato
Summer squash
Whole-wheat bread and butter
Cherry pie
Milk
4. Cold plate:
Sliced luncheon meat
Cabbage and green pepper salad
Potato salad
Biscuits with butter
Chocolate pudding
Milk

Food-on-the Job Here and There

A midwestern industrial plant uses a former night club to provide a cafeteria for its employees. No space was available in the plant area proper, so a nearby club was transformed into a feeding unit. Although there are only 240 seats in the cafeteria, a staggered lunch period enables the cafeteria to feed more than 1,100 workers.

It's Time to Can

Paul Stark, recently appointed national Director of Home Food Supply, strongly urges everyone who has access to a plot of land to grow vegetables for home preservation. The need for victory garden tomatoes is especially great since the supply of commercially canned tomatoes is expected to be low this year. An excellent Georgia peach crop is now arriving on the market and home canners are urged to take advantage of it. Information on home canning may be obtained by writing to the Office of Information, U. S. Department of Agriculture, Washington 25, D. C. Ask for a free copy of "Home Canning of Fruits and Vegetables," AWI-93.